

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims**

1-184. (Previously Canceled)

185. (Currently Amended) A beverage composition, comprising:

- a) from about 4 to about 10% by weight of a carbohydrate source, said carbohydrate source is a mixture of at least three components, including fructose and two components selected from the group consisting of sucrose, maltose, maltodextrin, glucose, galactose, trehalose, ~~fructose~~, fructo-oligosaccharides, beta-glucan, and trioses;
- b) from about 30 to about 60 mEq/L of sodium;
- c) from about 10 to about 20 mEq/L of chloride;
- d) from about 8 to about 20 mEq/L of potassium; and
- e) water,

wherein said beverage composition has an osmolality of about 250 to about 350 mOsm/Kg, and said beverage composition contains an amount of sodium and chloride to cause at least about 80% fluid retention in a human subject after exercise, and does not have a negative sensory attribute; and

further wherein said carbohydrate source includes an amount of fructose that is less than the total amount of glucose from all sources of carbohydrates.

186. (Previously presented) The beverage composition of claim 185, wherein said carbohydrate source is about 4.5 to about 6.5% by weight.

187. (Previously presented) The beverage composition of claim 185, wherein said carbohydrate source is about 6% by weight.

188. (Previously presented) The beverage composition of claim 185, wherein said carbohydrate source is a mixture of sucrose, glucose; and fructose.

189. (Previously presented) The beverage composition of claim 188, wherein said sucrose is about 1 to about 5% by weight.

190. (Previously presented) The beverage composition of claim 188, wherein said sucrose is about 2 to about 4% by weight.

191. (Previously presented) The beverage composition of claim 198, wherein said glucose is about 1 to about 2.5% by weight.

192. (Previously presented) The beverage composition of claim 188, wherein said glucose is about 1.4 to about 2% by weight.

193. (Previously presented) The beverage composition of claim 188, wherein said fructose is about 0.8 to about 1.8% by weight.

194. (Previously presented) The beverage composition of claim 188, wherein said fructose is about 1.1 to about 1.5% by weight.

195. (Previously presented) The beverage composition of claim 188, wherein said sucrose, glucose, and fructose are about 3%, about 1.7%, and about 1.3%, respectively, by weight.

196. (Previously presented) The beverage composition of claim 185, wherein said sodium is about 33 to about 40 mEq/L.

197. (Previously presented) The beverage composition of claim 185, wherein said chloride is about 11 to about 18 mEq/L.

198. (Previously presented) The beverage composition of claim 185, wherein said potassium is about 10 to about 19 mEq/L.

199. (Previously presented) The beverage composition of claim 185, wherein said beverage composition further comprises at least one component selected from the group consisting of calcium, magnesium, a flavoring agent, a clouding agent, and citric acid.

200. (Previously presented) The beverage composition of claim 199, wherein said calcium is about 0.1 to about 6 mEq/L.

201. (Previously presented) The beverage composition of claim 199, wherein said calcium is about 0.5 to about 6 mEq/L.

202. (Previously presented) The beverage composition of claim 199, wherein said calcium is about 1 to about 3 mEq/L.

203. (Previously presented) The beverage composition of claim 199, wherein said magnesium is about 0.1 to about 6 mEq/L.

204. (Previously presented) The beverage composition of claim 199, wherein said magnesium is about 0.5 to about 6 mEq/L.

205. (Previously presented) The beverage composition of claim 199, wherein said magnesium is about 1 to about 3 mEq/L.

206. (Currently Amended) The beverage composition of claim 199, wherein said flavoring agent is ~~about 0 to~~ less than about 0.4% by weight of the composition.

207. (Currently Amended) The beverage composition of claim 199, wherein said flavoring agent is ~~about 0 to~~ less than about 0.2% by weight of the composition.

208. (Currently Amended) The beverage composition of claim 199, wherein said clouding agent is ~~about 0 to~~ less than about 100 parts per million.

209. (Currently Amended) The beverage composition of claim 199, wherein said clouding agent is ~~about 0 to~~ less than about 50 parts per million.

210. (Previously presented) The beverage composition of claim 199, wherein said citric acid is about 0.24% to about 0.45% by weight.

211. (Previously presented) The beverage composition of claim 185, wherein said beverage composition is a concentrate.

212. (Currently Amended) A beverage composition, comprising:

a) a mixture of about 3% by weight of sucrose, about 1.7% by weight of glucose, and about 1.3% by weight of fructose; wherein the fructose amount is less than that of the sucrose amount;

- b) about 30 mEq/L of sodium;
- c) from about 10 to about 20 mEq/L of chloride;
- d) from about 8 to about 20 mEq/L of potassium; and
- e) water,

wherein said beverage composition has an osmolality of about 250 to about 350 mOsm/Kg, and said beverage composition contains an amount of sodium and chloride to cause at least about 80% fluid retention in a human subject after exercise, and does not have a negative sensory attribute.